



ÉCOLE INTERNATIONALE JAMES COOK
CLASSE DE CM1A - 2019

CHICKEN CHOPSUEY RICE



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INGRÉDIENTS

- 3 cups rice
- 3 carrots
- 2 capsicum
- 4 celery
- 2 bundle cabbage
- 2 onions
- 1 bundle coriander (optional)
- 4 cubes ginger
- 8 piece garlic
- 1/2 cup soy sauce
- 1 kg chicken breast
- 2 tblsp olive oil
- Half watermelon (for garnish)
- 4 tomatoes (for garnish)

Préparation : 30 min

8 parts

Cuisson : 20 min

1. Wear apron, gloves, head piece (hygiene).
2. Wash and rinse 3 cups of rice in rice cooker.
3. Add water, one inch above the rice.
4. Boil the rice in the rice cooker until keep warm.
5. Cut chicken breast into small cubes on meat board (white), rinse with water and put aside.
6. Peel and pound 8 pieces of garlic, with 4 cubes of ginger.
7. Add chicken in a bowl, mix, marinate with half cup of soy sauce and pounded garlic and ginger and put in the fridge for 30 min.
8. Wash, peel and slice carrots on vegetable board (brown) and put aside.
9. Wash and cut celery, capsicum and coriander on vegetable board (brown) and put aside.
10. Wash and chop cabbage and put aside.
11. Peel and slice onions on vegetable board (brown) and put aside.
12. Pour 2 tablespoon of olive oil in the pot and heat for 1 min.
13. Add marinated chicken in the pot, stir and cook until the meat is tender.
14. Pour carrot, capsicum, cabbage, celery and onion in the steamer and steam for 20 min.
15. Pour the steamed vegetables and cooked chicken in a bowl and mix.
16. Cut in cubes and separate the watermelon with a tablespoon from its outer layer.
17. Pour the rice on the watermelon, in the middle.
18. Pour the meal around the rice and slice the tomatoes and garnish the dish.
19. Serve hot.